

Abstract of th Disclosure

A self-actuated cervical (neck) traction device is provided. The traction device includes a headpiece, a cord, a force redirection system, and a foot engaging loop. The headpiece surrounds the head about the neck and over the ears and is adjustable. The headpiece has a pair of symmetric connecting webs which are connected to a first anchor. The cord is connected to the first anchor and is then placed in communication with the pulley system. The pulley system is supported about an ordinary door, with the pulley on the same side of the door as the patient. 10 The cord would be placed through the pulley, where the direction of force would be changed. The cord would then be connected to a second anchor. The second anchor is further connected to a foot strap, which is a webbing which surrounds the feet of the patient. The headpiece would be correctly adjusted, and the patient would lie on their back on a horizontal surface. The foot engaging loop would be placed about the patient's feet. When the patient extend their legs, the cord transmits force through to the headpiece which stretches the muscles at the back of the neck and allow separation of the bones in the neck, causing a therapeutic effect.